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The 27th Annual Utah Issues Conference COMMUNITY SOLUTIONS 2001

Please join *Utah Issues* on **FRIDAY MAY 11TH** at the University of Utah Olpin Student Center.

Conference workshops and discussions include:

- ✓ affordable housing
- ✓ health care
- ✓ welfare reform
- ✓ homelessness
- ✓ and, community development

For more information and to pre-register, please call 801-521-2035 or 800-331-5627.

Come find out how you can get involved and make a difference in your community!

The conference is free and open to the public.

What is an HMO (Health Maintenance Organization)?

From the brochure entitled "Exploring Medicaid" page 6

An HMO is a group of

- doctors
- clinics
- hospitals
- and, other medical experts you may use for your medical care



You must choose an HMO as your Medicaid plan if you live in Utah, Salt Lake, Davis or Weber Counties. A few rural areas of Utah offer an HMO as a choice.

Know how your HMO works. When you choose an HMO, Medicaid tells the HMO you will be part of their plan. The HMO will contact you to tell you more about their plan.

- Call your HMO if they don't contact you
- Find out how your HMO plan works
- The name of your HMO prints on your Medicaid card
- You must use a doctor, clinic or hospital that takes your HMO, or your HMO will not pay the bill
- The HMO pays your medical bills.

You can find out more about HMO by talking with your:

- Health Program Representative
- Your HMO
- Or, your Eligibility Worker.

Medicaid's HMO's

American Family Care (AFC)	1-888-483-0760
IHC Access	1-800-442-9023
United Med Choice	1-800-401-0666
Healthy U	1-888-271-5870

Seven Warning Signs of Cancer

Source: American Cancer Society

Do you have any of these cancer warning signs? Knowing what to look for helps find cancer early. The symptoms do not necessarily mean you have cancer. If you see one of the signs, see your doctor for a complete diagnosis.

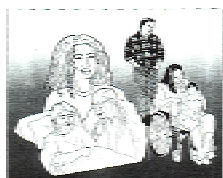
- ▶ A change in bowel or bladder habits
- ▶ A sore that does not heal
- ▶ Unusual bleeding or discharge
- ▶ Thickening or lumps in the breast or other parts of the body
- ▶ Chronic indigestion or difficulty in swallowing
- ▶ Obvious changes in a wart or mole
- ▶ Nagging cough or hoarseness

There are more warning signs for other kinds of cancer. To learn more about the warning signs of cancer, call the American Cancer Society at 1-800-227-2345 or visit their web site at www.cancer.org.

Do you live in Rural Utah?

Speak up for yourself and be a partner in your healthcare. The Bureau of Managed Health Care has a new reader-friendly booklet for Medicaid consumers who don't have a Medicaid HMO. The booklet gives the basics about Medicaid.

Speak up for yourself and
be a partner in your health care



Help yourself get the health care you need

- Who to call for help
- What services you get from Medicaid
- How to find a doctor or provider
- About your Medicaid card
- Your rights and responsibilities

And, it gives you tips on how to speak up for yourself to get the health care you need.

Pick up a copy of the booklet from your eligibility worker at your local Workforce Services Office or at your local Health Department office. This booklet does not replace the ***Exploring Medicaid*** booklet you get from your eligibility worker. It goes along with ***Exploring Medicaid***.

Did You Know?

Between 1996 and 1998:

Falls were the leading cause of emergency department visits.

Motor Vehicle crashes were the leading cause of death.

Source: Utah Health Data

Resources

Check Your Health Hotline	1-888-222-2542
Health related information and referral	
Medicaid Hotline	1-800-662-9651
Baby Your Baby Hotline	1-800-826-9662
Prenatal and Child Health Care Information	
CHIP	1-888-222-2542
Children's Health Insurance Program	
Immunize by Two	1-800-275-0659
Baby Watch Program	1-800-961-4226
Early Intervention - birth to 3	
Utah Teen Tobacco Quit Line	1-888-567-TRUTH
Family Dental Plan	
Salt Lake	1-801-468-0342
Ogden	1-801-394-4495
Provo	1-801-374-7011
St. George	1-435-652-3806

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